



ZIMBABWE

MINISTRY OF PRIMARY AND SECONDARY EDUCATION

MY STORY

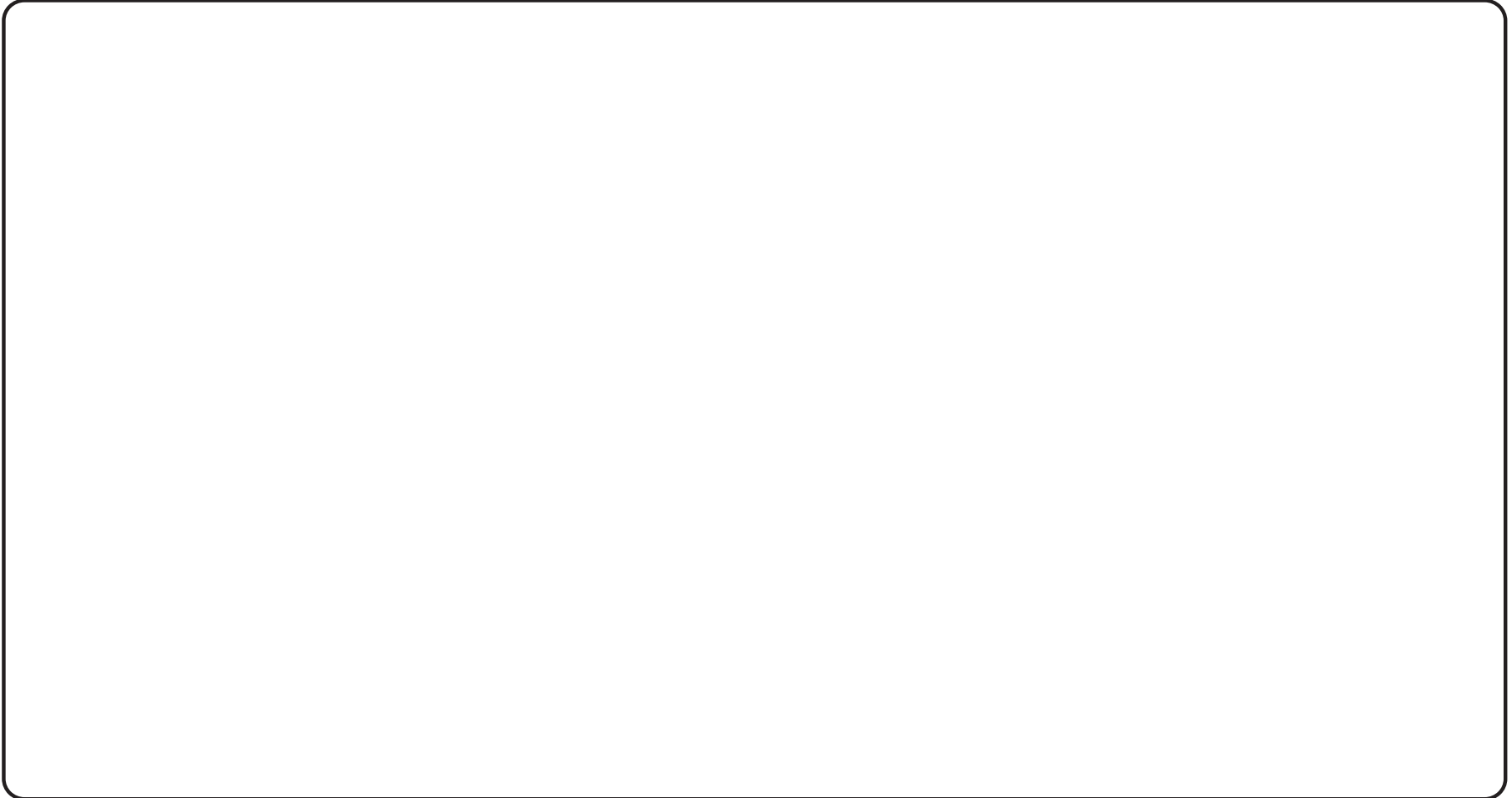
A Workbook for learners affected by a traumatic experience



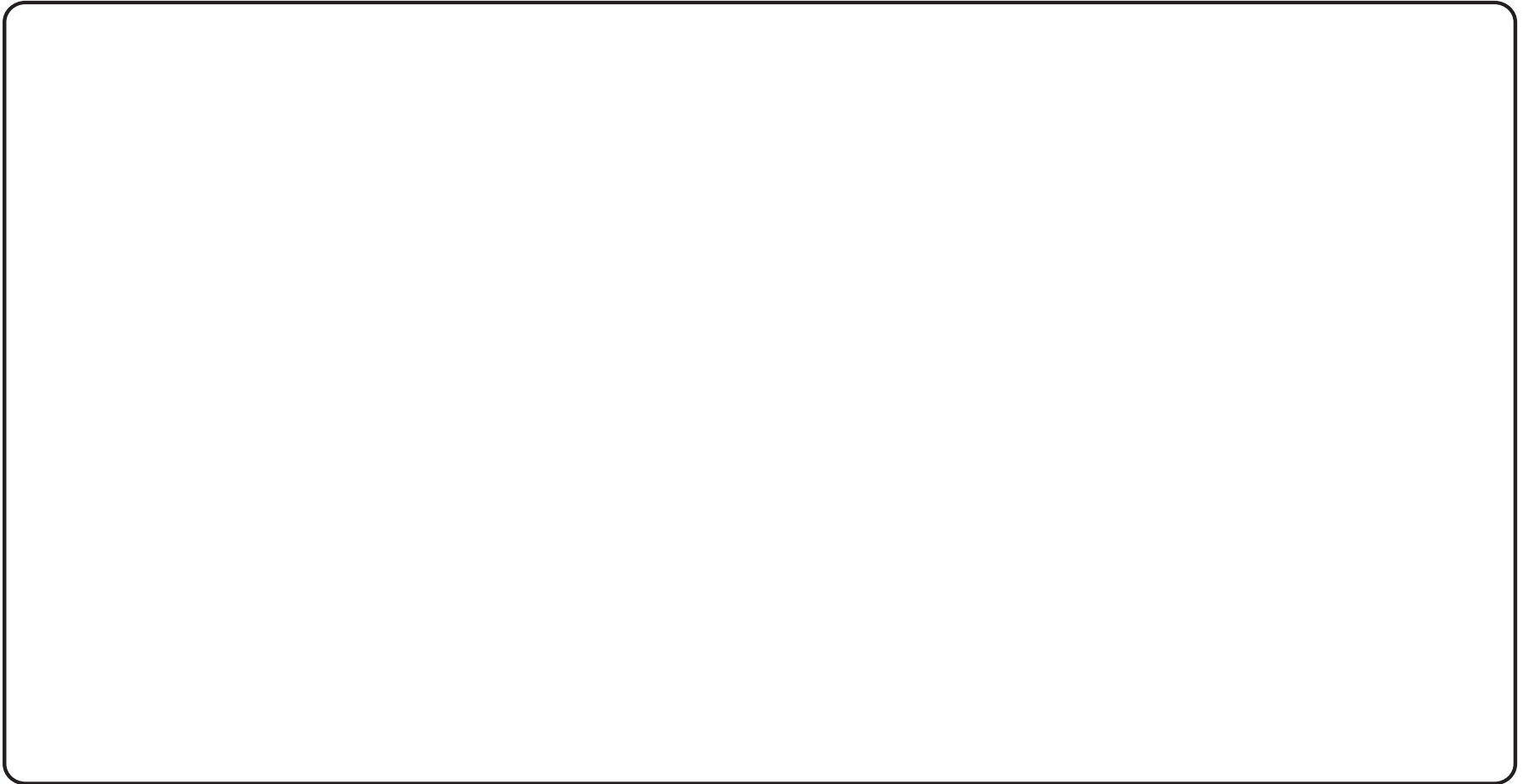
There are many things that make me happy. When I think of happy things, I think of playing with my friends, collecting and eating fruits I enjoy.

The things I like to do when I feel happy are...

Write, draw or explain things you like to do when you feel happy.



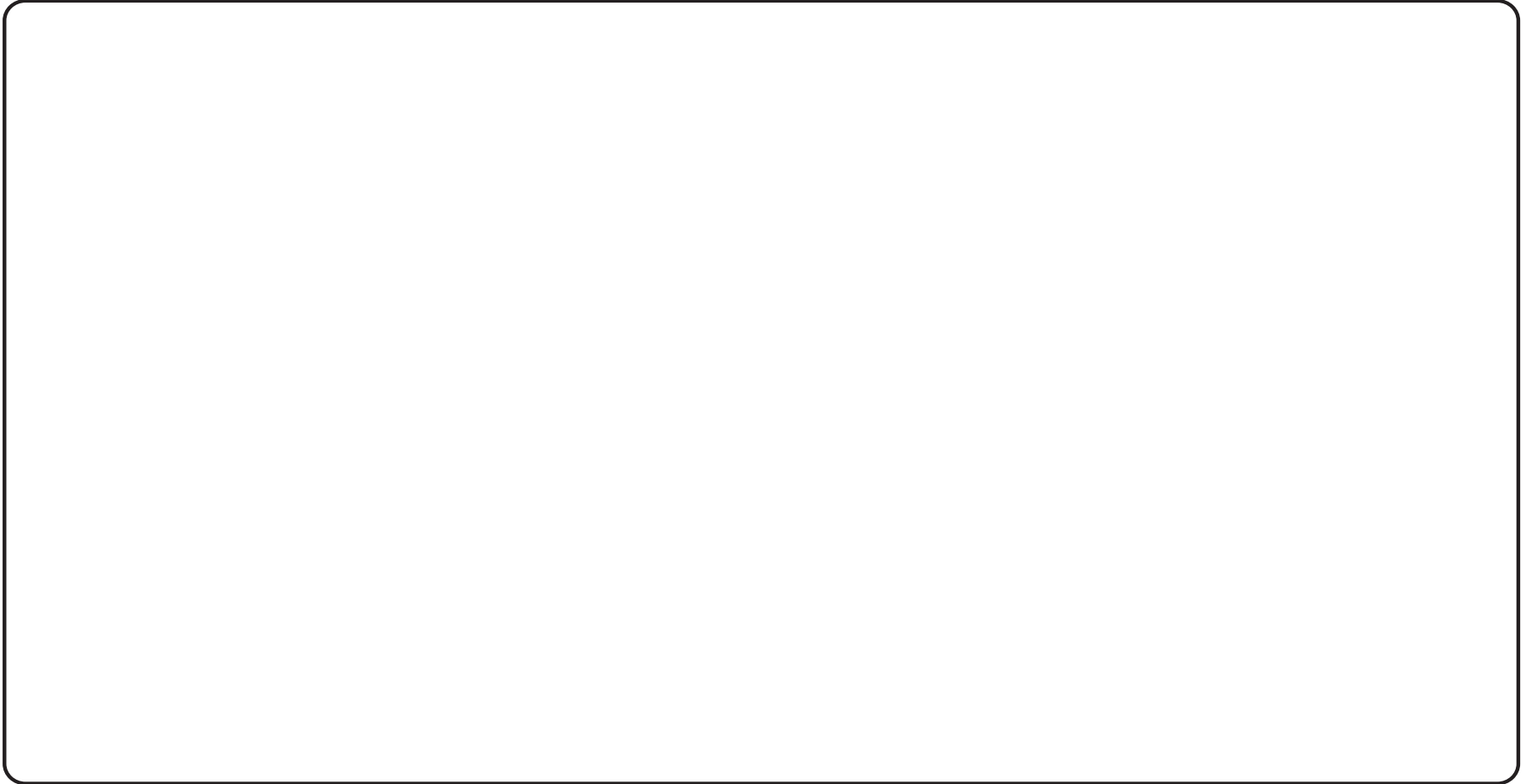
Recently something sad happened, in my life/ community/ family/ school.
Write, draw or explain what happened.



Because of what happened, I have seen some things change.

The changes I have seen are:

Name or draw the changes you have seen.

A large, empty rounded rectangular box with a black border, intended for the student to write or draw the changes they have seen.

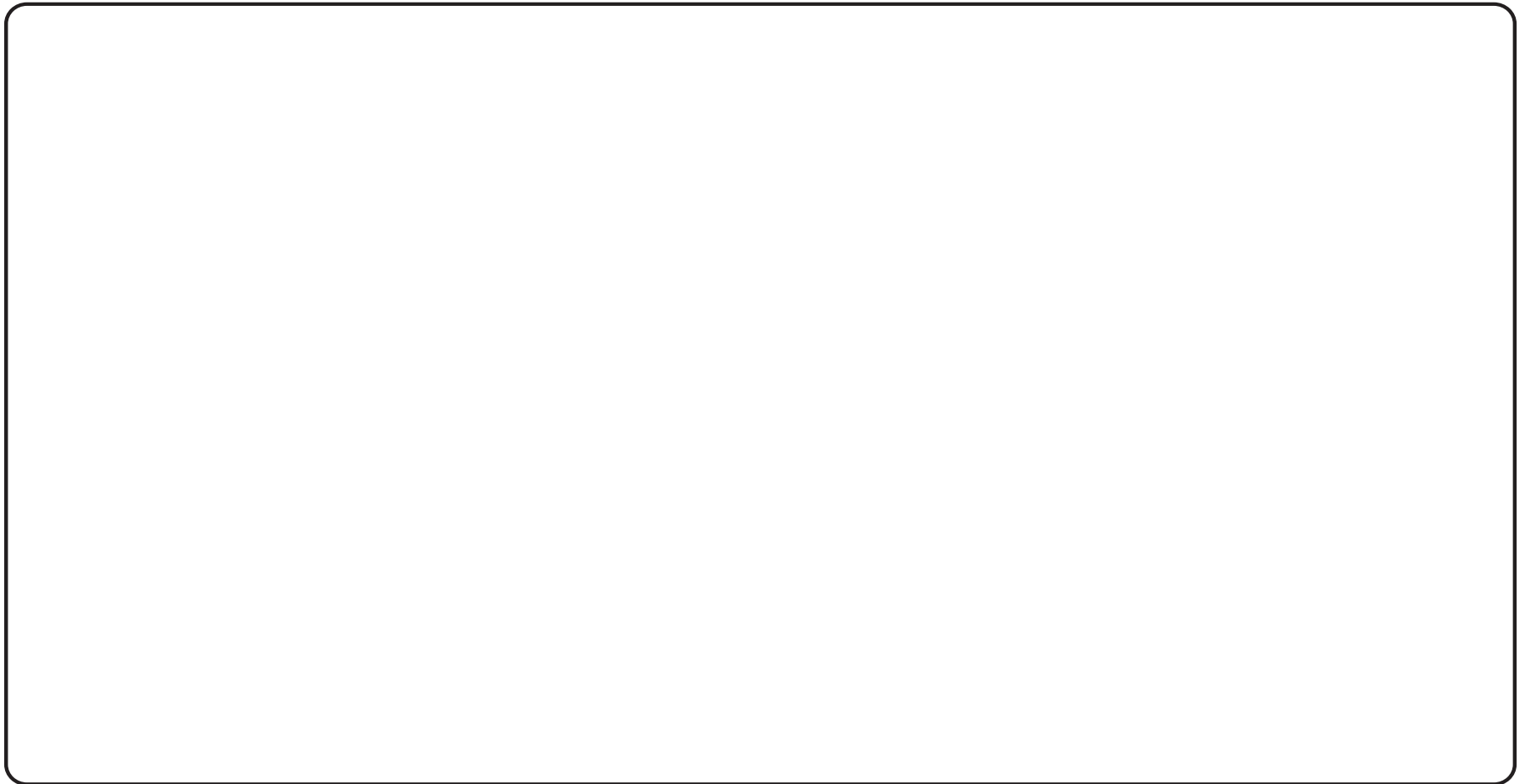
What happened to me, my family and community has:

Made me feel _____

Made my friends feel _____

Made my family feel _____

Draw a picture.



I had many different feelings. Sometimes I felt afraid, other times worried. .
While this was happening

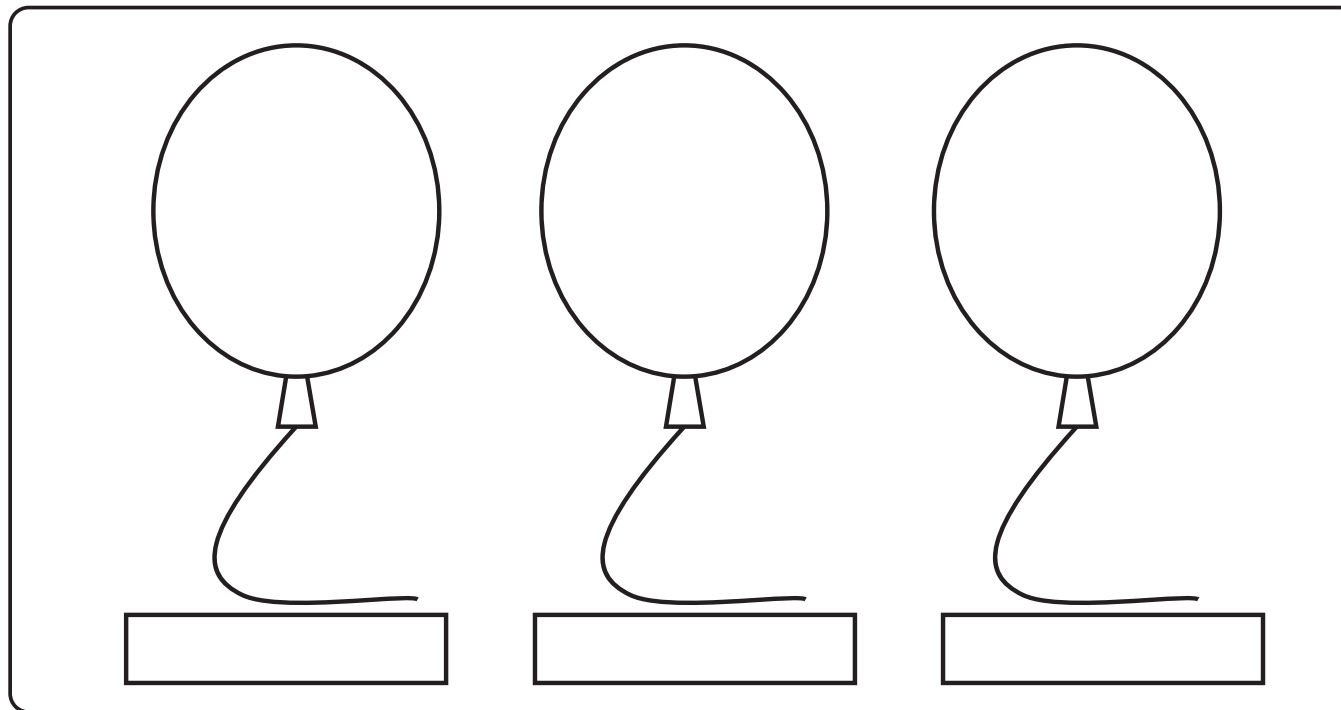
I felt _____

I was thinking about _____

I was afraid that _____

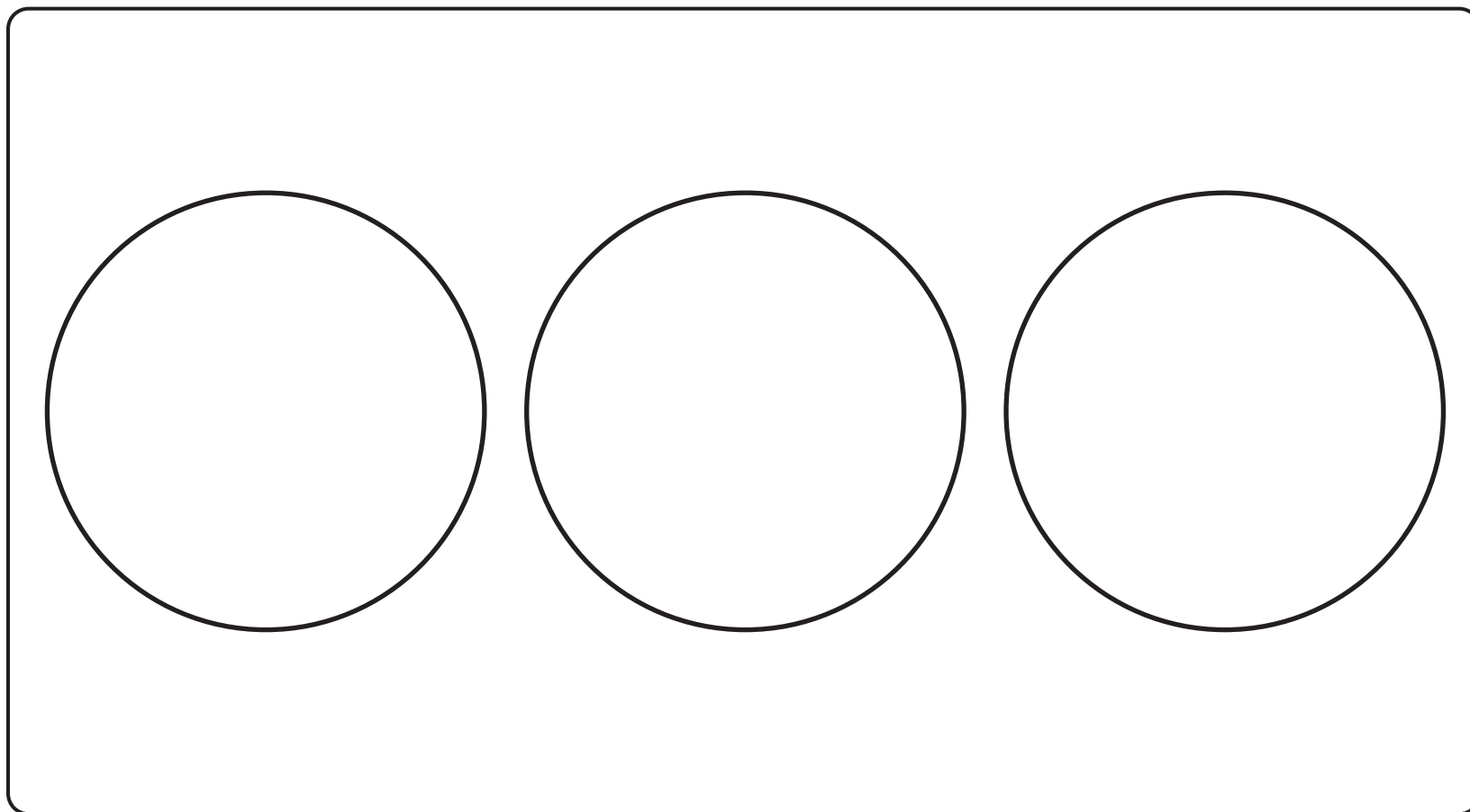
I hoped and prayed that _____

**Colour the different balloons to show if you are happy, sad, angry, confused or worried.
In the box write or explain your feeling.**



Many people were afraid, sad, angry and worried during this terrible happening. Some people hide how they really feel. At times people smile even when they are really worried. Sometimes I hide my feelings too.

Name and draw 3 feelings you sometimes hide.

A large rectangular box with rounded corners, containing three empty circles arranged horizontally. This is a workspace for drawing and labeling feelings.

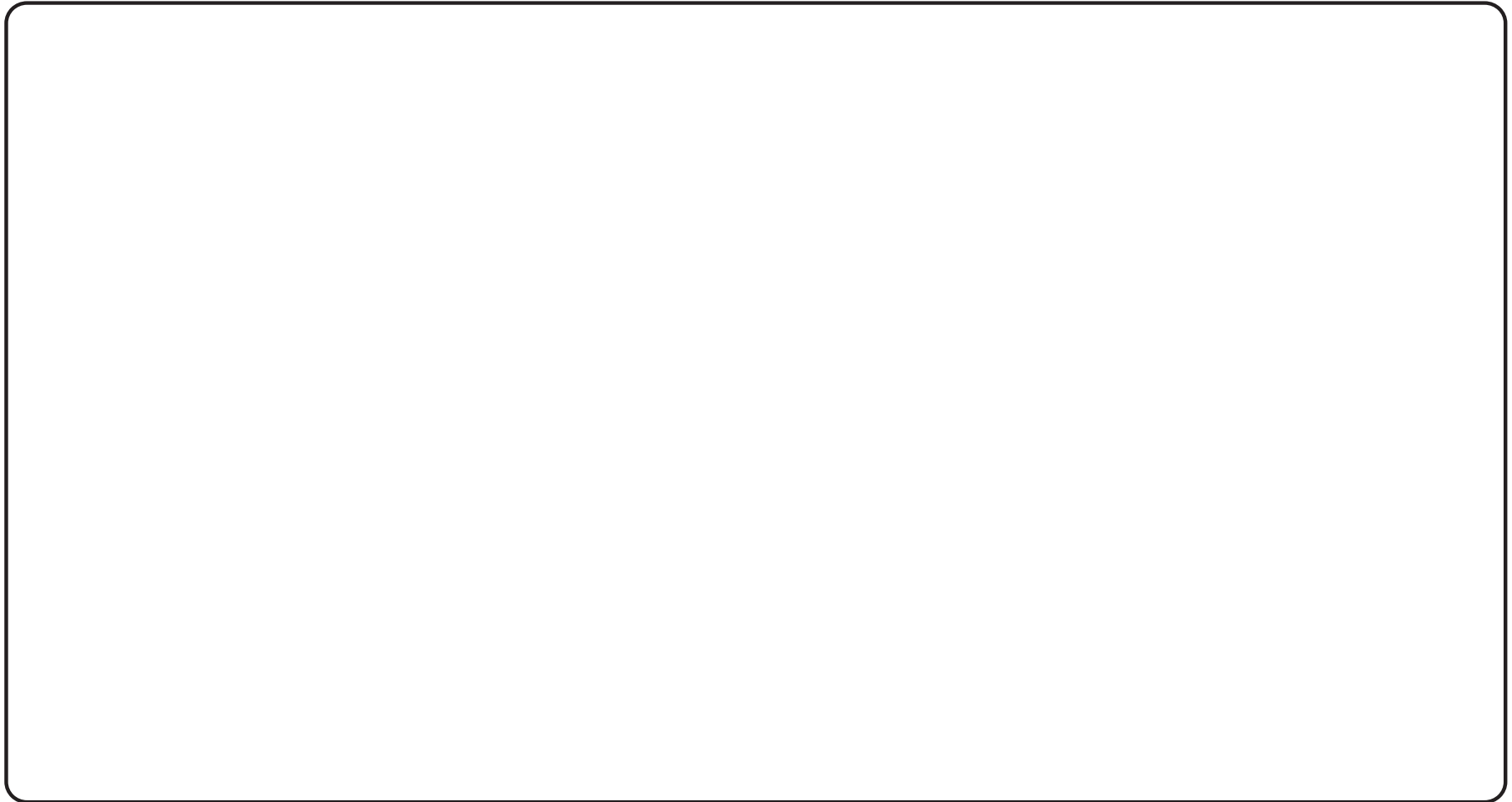
Most people say it is normal to cry when you feel sad.
Crying helps to get the sadness out.

Write, draw or explain about what you do when you feel sad.

A large, empty rounded rectangular box with a thin black border, intended for a student to write or draw their response to the prompt above.

Usually when I am afraid, my stomach feels sick, my feet and hands get cold and I can't move or talk.

What things make you afraid? Draw a picture of this.



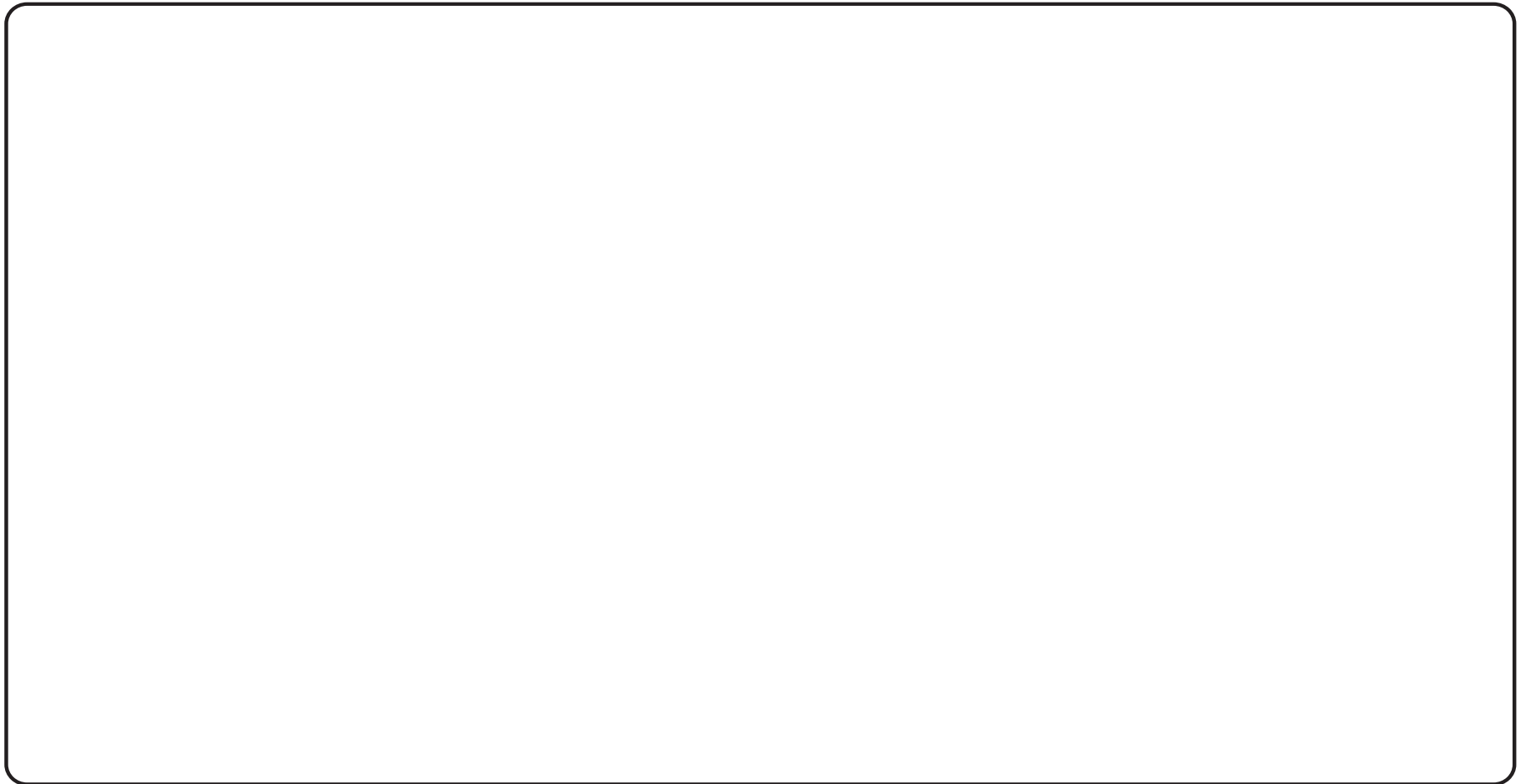
When I am afraid, I talk to my family members and other caring people close to me. I know they love me and take care of me. Together with my family and community, we make each other feel stronger and less afraid by praying, playing games and visiting each other.

What do you do when you feel afraid?

A large, empty rounded rectangular box with a black border, intended for a person to write their response to the question above.

Even though many people were affected by the crisis, they all helped each other. Difficult times can teach us some good things like helping and caring for others, being brave and strong and making new friends. We can learn to be happy again.

How can we help others during the difficult times like the crisis?



This is me! I am ok and I am loved by my family and community.

Draw a picture.

